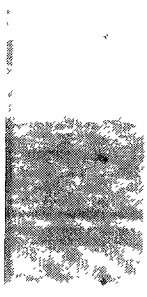





6





out there

[about](#) > [wired](#) > [library](#) > [sci-teach](#) > [next steps](#) > 

## features

[Out There Home](#)[Body Beat](#)[Ready Steady](#)[Science](#)[Food Technology](#)[Night Sky](#)[On The Ball](#)[Undercover Science](#)[Primary Science](#)[Events](#)[Contacts](#)[Home](#)[Interactive Site](#)[Help & Site Map](#)

## >>> food technology...

### bio yogurt

'Bio', 'non-bio', 'live', 'cultured' ... ever wondered what's really going on in that **yogurt** you're eating?

All yoghurt is made from **milk** using **bacteria**. The milk is heated up and a sample of bacteria is added to the milk while it's **cooling**. The bacteria live off the **lactose** (a type of sugar) in the milk and they convert it into a substance called '**lactic acid**'. And it's this lactic acid that makes the yoghurt **set**.

Most of the yoghurts you see in the shops are made using **Lactobacillus delbrueckii bulgaricus** and **Streptococcus thermophilus**. These bacteria are used because they grow very quickly and turn milk into yoghurt in just a few hours.

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**A non** "bio" yoghurt, is made using bacteria that are **killed off** by the **acid** environment of your **stomach** as soon as they get there. This might seem like a good idea if you don't like the idea of having bugs inside you - but in fact the bacteria used to make yoghurt are very **good for you**.

With bio-yoghurts, the bacteria used in the **production process** aren't killed by the acid in our stomachs. The bacteria avoid being **digested** themselves and **stick** to your gut wall and they help your digestion of other foods. They also boost your **immune system** by reducing the amount of bad bacteria in your gut, which your immune system normally has to kill to protect you.

Unfortunately, the bacteria used to make bio-yoghurts, **Lactobacillus acidophilus**, don't grow very quickly. It takes a day or two to produce a significant amount of yoghurt. And that's why bio-yoghurt is normally much